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Monday, November 14, 2016 metro.us | t: MetroNewYork | f: MetroNewYork

ARE SNOOP AND MARTHA REALLY FRIENDS?

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1.Why are some residents of Trump Tower considering moving out of the building?

2.Which quarterback got the start and lost in the Jets game vs. the Rams?

3. Who created "Martha & Snoop's Potluck Dinner"?

3 things you need to know

TRUMP: 'CERTAIN AREAS' OF BORDER WALL WITH MEXICO COULD BE FENCE

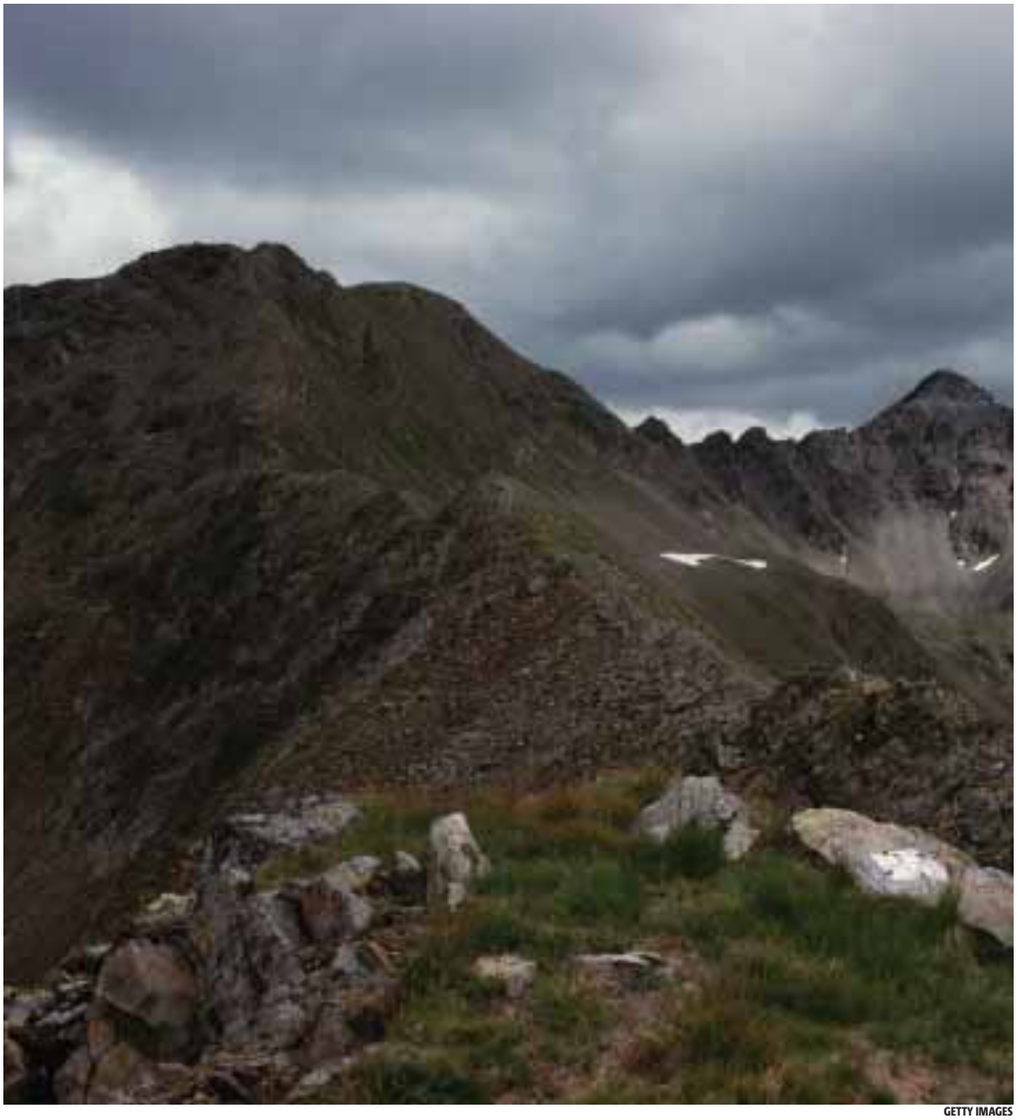
President-elect Donald Trump said in an interview to air on Sunday that certain areas of his promised border wall with Mexico, a key part of his White House campaign platform, could be fence instead. Asked in an interview with CBS' "60 Minutes" whether he would accept a fence instead of a wall, Trump said "for certain areas I would," according to excerpts. "But certain areas, a wall is more appropriate. I'm very good at this, it's called construction, there could be some fencing," Trump said. During his race against Democrat Hillary Clinton, Trump repeatedly promised to make Mexico pay for the border wall, part of his plan to toughen immigration law and secure the border. REUTERS

OBAMA OFFICIALS WORK AGAINST TIME TO WRAP BANKING RULES

2 U.S. officials are striving to put finishing touches on a slew of banking rules before President Barack Obama leaves office and hands regulatory power to Donald Trump who has vowed to rewrite the existing financial rule book. President-elect Trump will take over on Jan. 20 and his fellow Republicans will have control of Congress and government agencies, allowing the new administration to block or roll back many of the last-minute changes. But by completing far-advanced work on some banking standards in the next 10 weeks, Obama officials would raising the chances that some elements of the regulatory framework will survive. Some rules are meant to flesh out the Dodd Frank Act of 2010 designed to prevent the next global financial crisis. Trump campaigned on a pledge to scrap the law but now he says only some provisions must go to lighten the regulatory burden. REUTERS

LEON RUSSELL, MUSICIAN KNOWN FOR DYNAMIC PERFORMANCES, DIES

3 Leon Russell, who emerged in the '70s as one of rock'n'roll's most dynamic performers and songwriters after playing anonymously on dozens of pop hits as a much-in-demand studio pianist in the 1960s, died on Sunday at the age of 74, according to his website. Russell, who was inducted into the Rock and Roll Hall of Fame in 2011, died in his sleep in Nashville, Tennessee, his wife said in a statement on the website. Russell had endured health problems in his later years, undergoing surgery to stop leaking brain fluid in 2010 and suffering a heart attack in July 2016. Russell's period of stardom as a performer was relatively brief but Elton John, who had once been Russell's opening act, engineered a comeback for him in 2010 when they collaborated on an album titled "The Union." REUTERS



GETTY IMAGES

COASTAL STORM APPROACHES

Bolaris' Weather Watch

JOHN BOLARIS
@weathersavior

The big story in the sky today is the supermoon, as the moon won't come this close to Earth again until Nov. 25, 2034.

It will be a spectacular display in places that enjoy clear skies.

As we go into an extra supermoon phase, a storm will be developing along the Carolina coast. Latest computer models show the storm system grazing the New Jersey coast and having much more of an impact on southern New England.

Computer models show most of the significant rain from this coastal storm front falling east of Philadelphia, across southeastern New Jersey and across eastern Long Island.

Significant rainfall is expected in the Boston metro area and the capes, with most of the rain falling during the daylight hours on Tuesday.

The combination of the coastal low and the supermoon will produce minor tidal flooding along all coastal sections from New Jersey to New England. Luckily, we're not looking at a major coastal low, so any tidal impacts should remain on the minor side.

The storm system will depart on Tuesday night with dry, blustery weather and seasonable temperatures for the second half of the week.

I do see early indications of possible New England coastal storms this weekend. At the same time, a modified polar air mass will begin to funnel in from the Northwest, which could potentially leave significant amounts of wet snow in the Berkshire and Catskill mountains. The time frame for this potential wet snowfall would be Sunday night or early Monday.

New York

Today: Mostly sunny, High 61.

Tuesday: Shower possible, High 54.

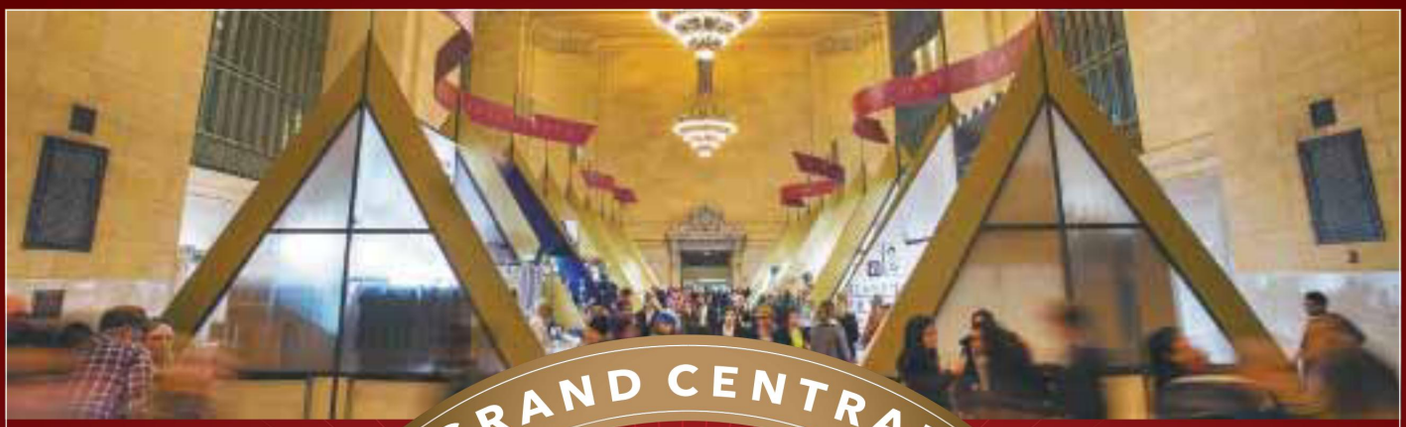
Wednesday: Sunny, windy, High 59.

Thursday: Sunny, High 59.

Friday: Sunny, High 62.

Saturday: Sunny, High 62.

Sunday: Showers, High 52.



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GRAND CENTRAL

Old-school charm meets community haven at PS 186 in Harlem

The renovated school on 145th Street is the new home of the Boys & Girls Club of Harlem and 78 units of affordable housing.

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Before pics (top). SUPPLIED | PS 186 after. TOM ROARTY

For decades, PS 186 in Harlem stood as a neighborhood blemish, a once beautiful building ravaged by time and the elements, with crumbling walls and trees growing inside.

"I used to walk on this block and not walk on this side," longtime neighborhood resident Dominique R. Jones told Metro, referring to the abandoned school.

Today, something akin to its school days past has taken root inside the 115-year-old building. Instead of 'readin', 'ritin' and 'rithmetic, though, it's going to be STEM, smartboards and stylish affordable housing.

The renovated building on 145th Street is the new home of the Boys & Girls Club of Harlem (BGCH), which purchased the dilapidated property in 1986, as well as the Residences at PS 186 with 78 apartments for mostly low-income households.

"This is a total upgrade," said Jones, the BGCH's executive director. Since its inception in 1980, the club operated out of a 2,500-square-foot space on the fifth floor of the Convent Avenue Baptist Church on 144th Street. "What they gave us was really amazing for so many years, but this space will allow us to double the children we serve."

The move to the first floor of PS 186 allows the club to double its membership to 1,000 and expand on its STEM (science, tech, engineering, math) programs with state-of-the-art amenities like Macs, 3-D printers, audio-visual equipment, a digital arts studio and more, thanks to grants and partners such as JCPenney Cares and Scholastic.

"They can actually use everything to explore the disciplines, not just as a utility," Jones said. "Those are the tools that we're using in the workforce, and we want kids to experience them so they're ready."

Keeping the faith

Despite taking three decades for the BGCH to make PS 186 its home, its board and staff never doubted the move would happen.

"They were very faithful and committed, waiting for the right moment and the right opportunity," Jones said. "But they realized they would have to rethink how we approached it."

The club ultimately partnered with Monadnock Development and Alembic Community Development "to think how to benefit the community at large," Jones said.

The PS 186 project is part of Mayor Bill de Blasio's 10-year housing plan to create 200,000 units of affordable housing in the five boroughs. There were 78,000 applicants in the city's lottery for the 78 units in PS 186.

The units are comprised of 19 studios, 47 one-bedrooms and 12 two-bedrooms. The building's stately interior and exterior character was preserved during the renovation, and its windows were reinforced with steel during construction because of the building's long exposure to the elements. Many of the sizeable apartments Metro toured featured ample light through the large windows and high ceilings that harken back to their classroom past.

> *"It's one thing to provide kids with opportunities and resources to learn and to grow, but it's another thing to really support families and help stabilize communities."*
>
> Dominique R. Jones

In addition to a video intercom system, laundry facility and bike storage space, a highlight of PS 186 is the Principal's Landing on the fourth floor. The raised dais surrounded by wood where the school's principal once welcomed students daily has been replicated into an elegant community space.

"It's one thing to provide kids with opportunities and resources to learn and to grow, but it's another thing to really support families and help stabilize communities," Jones said. "I see [PS 186] as an anchor of the neighborhood."

A spokesman for Monadnock Development agreed.

"It was a special formula that came together here," he said. "Affordable housing shouldn't be this sort of thing people feel ashamed about moving into. It should be somewhere they can live not just with dignity, but with pride."

Watching the first residents move in after the two-year construction was "unbelievable," he said.

"We have a tenant who had been in the shelter system for two years, and she's now living in a beautiful apartment where she can pay for the rent, and she's able to provide for her family."

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SUNDAY	11/20	10AM - 6PM

Protests making life for Trump Tower residents far from easy street

The tony Fifth Avenue address has been a mob scene since Donald Trump won the presidential election Tuesday.

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GETTY IMAGES

With protesters, supporters, press and security camped outside President-elect Donald Trump's Fifth Avenue home, Trump Tower's other affluent residents have had enough.

"They can't get into their own homes without being stopped and frisked and having to show ID," an unnamed real estate broker told the New York Post. "These are wealthy people. They don't need this, and they can't take it any longer."

The broker said residents interested in moving from the tony skyscraper between East 56th and East 57th streets due to the increased activity have already been reaching out.

"They no longer want to stay there," the broker said. "Some of them are already planning on moving out, and they'll decide later whether or not they want to sell."

The mob scene is also affecting business at neighboring high-end retailers such as Gucci and Tiffany & Co., the Post reported.

After being uncharacteristically quiet on Twitter following his victory, Trump called the protests "unfair" Thursday night.

On Friday morning, however, he changed his tune and praised the "small groups" of protesters.

Swastikas drawn on dorm room doors at The New School

Swastikas were drawn last weekend on four dormitory doors at The New School, the private research university in Lower Manhattan.

University President David Van Zandt condemned the graffiti as "completely abhorrent and antithetical to our core values" in a news release.

At least one of the swastikas was drawn in black on the door of a dorm room shared by three Jewish students.

The New School was founded in 1919 and set up as the University in Exile in 1933 to serve scholars escaping from Nazi Germany, according to the The New School for Social Research website.

Zandt said the NYPD is investigating the matter.

Mayor Bill de Blasio called the graffiti "reprehensible" in a Twitter post.

"To the affected, we stand with you," he wrote. "To the perpetrators, we have better than this."

The election of Donald Trump as president has instigated a few incidents of hateful graffiti. Swastikas were painted on the windows of a vacant storefront in South Philadelphia after the election. The "T" in Trump's name was converted into a swastika in that graffiti. GARY KANE

CREATIVE COMMONS

We want your pics!

Send Metro your photos to be featured in next Monday's issue. Post your best local photos to Instagram or Twitter using the hashtag #metropicsnyc to not only see them in our paper, but also on Metro.us and our social media pages. NYC: @POBZ_IV/INSTAGRAM

BRIEFS

De Blasio donor owes city $200K in tickets

Support of the mayor apparently doesn't equal support of the city.

A former car-rental businessman who held fundraisers to elect Bill de Blasio as mayor and has donated about $1,000 of his own money to his campaign is on the hook for almost $200,000 in unpaid parking and speeding tickets, the New York Daily News reported.

Gil Cygler sold his company, Citywide Auto Leasing, in June to Enterprise Rent-a-Car, but did not transfer the debt, which includes $171,396 in parking tickets alone. The company had operated in eight locations in Brooklyn.

"Enterprise didn't buy any debt. The customers would be liable for it," Cygler told the Daily News, expressing no intention of paying the debts himself.

Cygler's company was enrolled in the city's Rental Program, which allows businesses to transfer tickets to customers, but apparently the transfers did not happen.

"I don't know if they were transferred over," Cygler said.

National rental companies such as Hertz, National and Thrifty have no unpaid tickets on records, the Daily News pointed out.

The Bloomberg administration announced a plan in 2010 to track down the top offenders, such as Shabaz/Wahwood, a person or company listed on city records as owning $448,328 for roughly 2,000 tickets. However, because that offender and others have out-of-state addresses, recouping the money has proved difficult.

The city can seize assets and place liens on property in such cases, but apparently has not done so in Cygler's case.

The Finance Department "is actively investigating this case as well as the other debtors," a department spokeswoman said. "We do not have specific results that we can share at this time but we have set up an internal Task Force . . . so the resources of several offices can work together on resolving them. AMANDA MIKELBERG

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Zuckerberg again rejects claims of Facebook impact on election

Facebook Inc chief executive Mark Zuckerberg again rejected the idea that the social network affected the U.S. presidential election, saying late Saturday it is "extremely unlikely" news hoaxes changed the outcome.

Ensnared in a string of content controversies in recent months, Facebook has insisted that it is a technology company, not a media firm. But scrutiny of the site has heightened since the surprise election of Republican Donald Trump on Tuesday, with critics alleging the site helped spread lies via fake news stories and hoaxes.

Zuckerberg has vehemently defended the network against such criticism, calling the idea that Facebook affected the election "crazy" at a conference on Thursday. He echoed that stance in his late Saturday post, though he said the company would do more to prevent fake news.

Facebook CEO and founder Mark Zuckerberg GETTY IMAGES

Such hoaxes represent a sliver of content shared on Facebook and because they are not limited to partisan views or politics, it is unlikely they could have changed the election's outcome, Zuckerberg said.

"Of all the content on Facebook, more than 99 percent of what people see is authentic," he said, noting the network's goal is to "give every person a voice."

Still, Facebook has launched work to enable people to flag hoaxes and fake news, the statement said.

Facebook has faced a number of content controversies this year, including international outcry after it removed an iconic Vietnam War photo due to nudity, a decision that was later reversed. The thorniest content issues are decided by a group of top executives at Facebook.

Questions over content policing have returned to the fore in the tense days since the election, which has led to protests against Trump and his proposed policies in major U.S. cities.

Ahead of the Nov. 8 election, Facebook users saw fake news reports erroneously alleging that Pope Francis endorsed Donald Trump and that a federal agent who had been investigating Democratic candidate Hillary Clinton was found dead.

Senior management have launched a conversation to examine Facebook's involvement in affecting opinions and votes, The New York Times reported on Saturday, saying a group of vice presidents and executives began discussing late Tuesday the company's role in the election's outcome.

Facebook's policy team was called together and the firm plans to address staff concerns at a broader meeting, the paper reported, citing anonymous sources.

Facebook representatives were not immediately available to comment on the report.

"After the election, many people are asking whether fake news contributed to the result, and what our responsibility is to prevent fake news from spreading," Zuckerberg said on Saturday.

"These are very important questions and I care deeply about getting them right." REUTERS

"After the election, many people are asking whether fake news contributed to the result, and what our responsibility is to prevent fake news from spreading."

Zuckerberg

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POLITICS

Trump picks Priebus as White House chief of staff
President-elect Donald Trump on Sunday chose Republican National Committee Chairman Reince Priebus, the favorite of the party's establishment and a low-key Washington insider, to serve in the influential position of White House chief of staff.

The choice of Priebus, a loyal campaign ally to Trump who has close ties with House of Representatives Speaker Paul Ryan, signaled a willingness to work with Ryan and the Republican-led Congress to get his agenda passed.

The other front-runner for the job had been Stephen Bannon, Trump's campaign chairman and former head of the conservative Breitbart News. Trump named Bannon as his chief strategist and senior counselor. "I am thrilled to have my very successful team continue with me in leading our country," Trump said in a statement. "Steve and Reince are highly qualified leaders who worked well together on our campaign and led us to a historic victory. Now I will have them both with me in the White House."

Donald Trump and Reince Priebus GETTY IMAGES

Trump, who will take office on Jan. 20 and will succeed Democratic President Barack Obama, has been working on his transition to the White House since Tuesday's election win over Democrat Hillary Clinton and contemplating the candidates for top jobs in his administration.

The chief of staff position, which serves as a gatekeeper and agenda-setter for the president, is typically one of the most important early choices for an incoming president.

The choice of Priebus as chief of staff could anger some Trump supporters counting on him, as he said during the campaign, to "drain the swamp" of business-as-usual Washington insiders. REUTERS

TRUMPSYLVANIA AVENUE!

TOM FOREMAN
Opinion

CNN's Tom Foreman is the author of the book "My Year of Running Dangerously." @tomforemancnn

Whether you were on the winning or losing side of the presidential race, it is hard to imagine this coming week could be as surprising as the last one. But with Donald Trump headed to the Oval Office, a lot of unexpected things could be coming our way. Here are my three things to watch this week in politics.

1. REROUTING
So maybe Obamacare is not going away entirely, Hillary Clinton won't be prosecuted and that thing about banning Muslims? Yea, perhaps that won't happen either. President-elect Trump ran as an outsider but he's acting like an old political pro now with his team rapidly tamping down expectations around his most incendiary promises. Watch for more of that this week. It probably won't make his most ardent fans happy, but it could reduce pressure for quick results when his term begins.

2. ROAD CLOSED
Anti-Trump protestors have been raging against the results of the election, even pushing for member of the Electoral College to defy their oaths and give Hillary Clinton the victory. That's not going to happen. He's not going to step down either. And there will be no do-over. Takin' it to the streets only gets you so far. But watch progressive professionals start stepping in this week to harness all that passion for the good of activist groups and fundraising, hoping to spin it into real, practical, political pressure on the new president.

3. WHICH WAY DO WE GO?
Democrats are desperately looking for a GPS signal because their party is lost. With this stunning election the Repubs now hold the Oval Office, the House, the Senate, more governorships and more state legislatures. The D's will probably go through another week of blaming and scapegoating after this smashing defeat. But they'll also start drawing a new map out of the wilderness. So who is going to lead? Watch for a raging family feud as Old Guard Dems try to protect their power while younger party members try to push them out using the electoral catastrophe as leverage.

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Powerful 7.8-magnitude quake hits New Zealand

People wait in Te Aro Park after being evacuated from nearby buildings following an earthquake on November 14, 2016 in Wellington, New Zealand. GETTY IMAGES

"The whole house rolled like a serpent and some things smashed, the power went out."

A woman, who gave her name as Elizabeth, told Radio New Zealand from her home in Takaka, near the top of the South Island.

With communications cut off, emergency response teams were flying by helicopter to the region at the epicenter of the 7.8 magnitude quake, some 57 miles northeast of Christchurch in the South Island, amid reports of injuries and collapsed buildings.

A powerful earthquake and hundreds of strong aftershocks rocked New Zealand early on Monday, killing at least two people and prompting a tsunami warning that sent thousands fleeing to higher ground.

Prime Minister John Key told a dawn news conference in the capital Wellington, which was also shaken violently by the quake, that two people had been killed. Police said one of the victims was found in a house in the coastal tourist town of Kaikoura.

"It was the most significant shock I can remember in Wellington," Key told reporters from the parliament's underground defense bunker. "There will be quite major costs around roads and infrastructure."

Key was meeting national emergency officials later Monday morning. Stock exchange operator NZX Ltd. said financial markets would be open as usual, although many offices in the capital were closed.

Around 100 people, including children sleeping on floors and benches, were camped out in the distinctive parliament "Beehive" building.

Power was out and phone lines down in many areas of the country, while roads were blocked by landslips. But a tsunami warning that led to mass evacuations was downgraded after large swells hit Wellington, in the North Island, and Christchurch, the South Island's largest city.

The first tremor, just 14 miles deep, struck the Pacific island nation just after midnight, jolting many from their sleep and raising memories of the 6.3-magnitude Christchurch quake in 2011, which killed 185 people. New Zealand's Geonet measured Monday's quake at magnitude 7.5, while the U.S. Geological Survey put it at 7.8.

New Zealand lies in the seismically active "Ring of Fire," a 40,000 km arc of volcanoes and oceanic trenches that partly encircles the Pacific Ocean. Around 90 percent of the world's earthquakes occur within this region.

St. John Ambulance said it was sending helicopters carrying medical and rescue personnel to Kaikoura, where at least one of the casualties was located. The South Island town, a popular destination for whale watching, was completely cut off and officials said there were reports of a collapsed building.

A tsunami warning alert is seen on a notice board above State Highway 1 in Wellington, New Zealand. GETTY IMAGES

Kevin Heays, of Environment Canterbury in Kaikoura, told Radio New Zealand, there had been a lot of damage to roads.

"There are a lot of poles down," he said. "I'd say we will be without power for a long, long time. I understand that the roads north and south are out so we are pretty well isolated."

Local television reported that water to the town had been cut off.

In Wellington, where frequent aftershocks continued to be felt hours after the first quake, residents heading for higher ground caused gridlock on the roads to Mount Victoria, a hill with a lookout over the low-lying coastal city.

"I'm just sort of parked by the side of the road and I think people are trying to go to sleep the same as I am," Wellington resident Howard Warner told Reuters after evacuating his seaside house.

Wellington Regional Civil Defence Controller Bruce Pepperell said early indications were that a number of major buildings were showing "signs of structural stress".

The strong quake would likely have caused a mess and disruption inside some buildings, particularly on higher floors, he added.

Residents were advised to stay away from the central business district on Monday and the train network was closed for checks. Wellington International airport, however, was expected to open as usual on Monday.

In Christchurch, where tsunami sirens continued intermittently, three evacuation centers were accepting residents. Police set up roadblocks to prevent people from returning to lower-lying coastal areas.

Pictures shared on social media showed buckled roads, smashed glass and goods toppled from shelves in shops in Wellington and the upper South Island. REUTERS

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Iraq troops aim to tighten noose on Islamic State in Mosul

Four weeks into the campaign to crush ISIS in Mosul, the city is almost surrounded but the jihadists' defenses have so far been breached only to the east, where they have battled elite troops for control of around a dozen districts.

Iraqi Special Forces 2nd division soldiers take a position as they push forward in the Karkukli neighbourhood in Mosul on November 13, 2016, during the ongoing operation to retake the city from the Islamic State (IS) group. GETTY IMAGES

Iraqi soldiers fighting just north of Mosul, within sight of city neighborhoods, said Sunday they were ready to tighten the noose around Islamic State militants waging a brutal defense of their Iraqi stronghold.

Four weeks into the campaign to crush Islamic State in Mosul, the city is almost surrounded but the jihadists' defenses have so far been breached only to the east, where they have battled elite troops for control of around a dozen districts.

The battle for Mosul, the biggest city held by the ultra-hardline Sunni Islamist group in Iraq and Syria, is the largest military operation in Iraq in a decade of turmoil unleashed by the 2003 U.S. invasion which toppled Saddam Hussein.

Iraq's Shi'ite-led government, which has assembled a 100,000-strong coalition of troops, security forces, Kurdish peshmerga fighters and mainly Shi'ite militias, backed by U.S. air power, says it will mark the end of Islamic State in Iraq.

But it says the fight will be a long one.

An army special forces officer on the northern front line said his men aimed to target Hadba, the first neighborhood ahead of them within city limits. The district was visible from his position in the village of Bawiza.

Brigadier Ali Abdulla said Islamic State fighters had been pushed out of Bawiza and another village, Saada, although progress had been slowed by the presence of civilians he said were being used by the militants as human shields.

"Our approach [to Hadba] will be very slow and cautious so that we can reach the families and free them from Daesh's [Islamic State's] grip," Abdulla said.

One man who escaped from Saada to Bawiza with his young son and daughter said they had to move from house to house and hide among sheep to avoid being caught by Islamic State fighters.

The timing of the decision to move on Hadba would depend on progress on other fronts, Abdulla said. Security forces are advancing to the south of Mosul, targeting the city's airport on the west bank of the Tigris River.

Abdulla said Islamic State was using suicide car bombs, roadside bombs, snipers and long range mortars to try to hold back the army advance in the north—all tactics it has used to lethal effect on the eastern front as well.

Another officer, Captain Oqba Nafaa, said the militants were still fighting in Saada, using a network of tunnels to carry out surprise strikes on the attacking forces.

The urban-warfare tactics were similar to those they have deployed to lethal effect in the east of the city against elite Counter Terrorism Service forces and an armored division.

In some districts, control has changed hands three or four times as the militants, using tunnels and exploiting the presence of civilians as cover, have launched nighttime attacks and reversed military gains of the previous day.

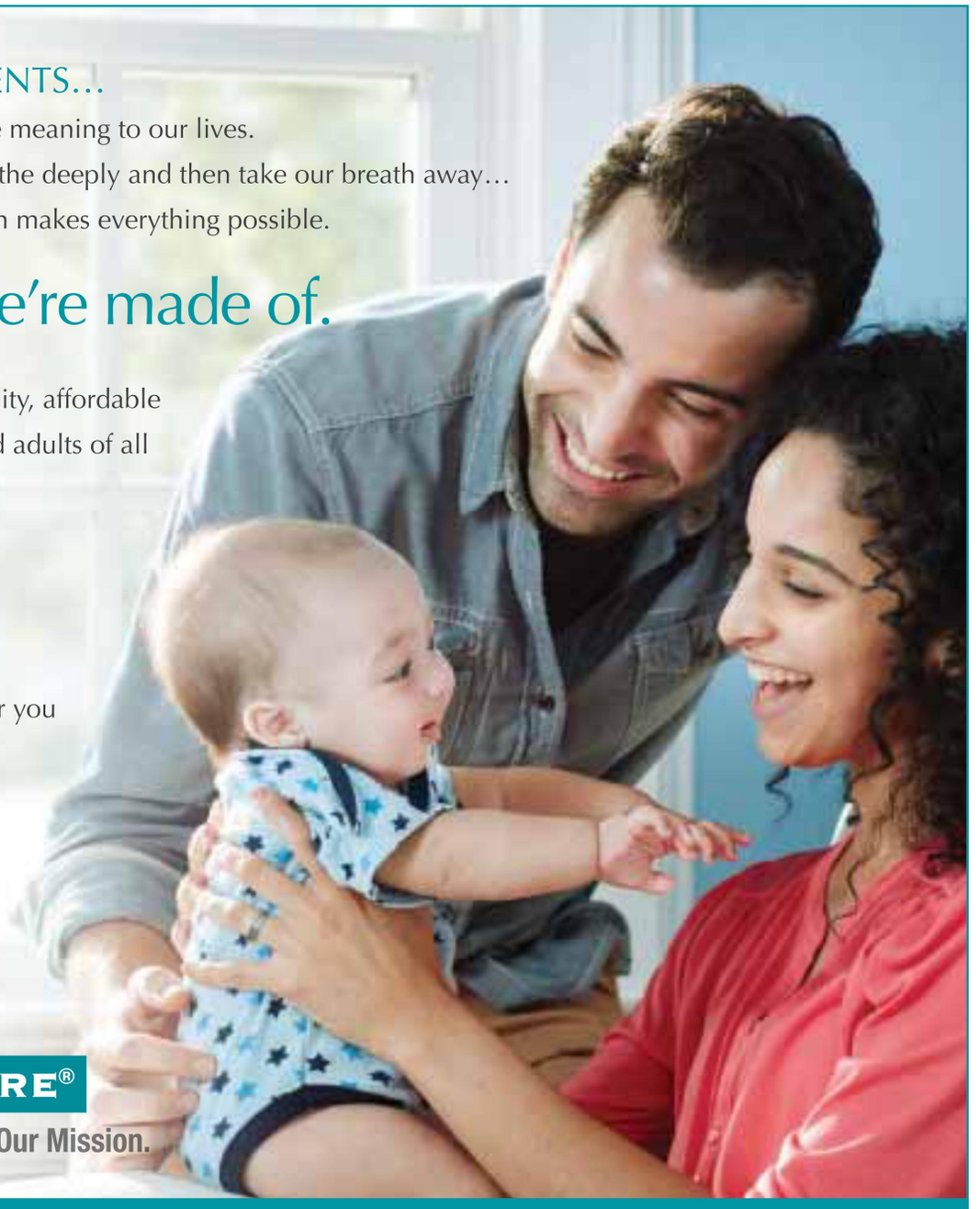
One resident of al-Qadisiya al-Thaniya district, which the CTS entered Friday, said the special forces later pulled back and Islamic State fighters returned.

"They came back to us again, and this is what we feared. At night there were fierce clashes and we heard powerful explosions," she told Reuters.

A military statement later said CTS forces had cleared all militants from two districts of eastern Mosul, Arbajiya and Karkukli, and were still clearing three others. REUTERS

"Our approach [to Hadba] will be very slow and cautious so that we can reach the families and free them from Daesh's [Islamic State's] grip."

Abdulla



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1- "White Mulberry Supplement as Adjuvant Treatment of Obesity", Journal of Biological Regulators and Homeostatics Agents., Vol 28, no.1, 2014.

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Trump University asks for trial delay until after inauguration

Trump is due to assume office Jan. 20, 2017.

Donald Trump holds a media conference announcing the establishment of Trump University May 23, 2005 in New York City. GETTY IMAGES

President-elect Donald Trump has requested that a trial over a lawsuit by former students of his now-defunct Trump University be put on hold until after the presidential inauguration, according to a motion filed by his lawyer late Saturday.

A trial in federal court in San Diego over former Trump University students' claims that they were defrauded by a series of real-estate seminars is scheduled to begin Nov. 28, but Trump lawyer Daniel Petrocelli said the president-elect needs to "devote all of his time and attention to the transition process."

"The 69 days until inauguration are critical and all-consuming," Petrocelli said in the filing, arguing that the president-elect should not be required to stand trial during that time.

Petrocelli had said at a hearing in San Diego on Thursday that he would request the delay, though U.S. District Judge Gonzalo Curiel, who is overseeing the lawsuit, told lawyers he was not inclined to put off the 6-year-old case further and encouraged the parties to settle.

The lawsuit involves students who claim they were lured by false promises to pay up to $35,000 to learn Trump's real estate investing "secrets" from his "hand-picked" instructors.

> *"The 69 days until inauguration are critical and all-consuming."*
> Petrocelli

Trump owned 92 percent of Trump University and had control over all major decisions, the students' court papers say. The president-elect denies the allegations and has argued that he relied on others to manage the business.

Curiel also tentatively rejected last week a bid by the president-elect to keep a wide range of statements from the presidential campaign, which included attacks against Curiel himself, out of the fraud trial.

Trump attacked the judge as biased against him. He claimed Curiel, who was born in Indiana but is of Mexican descent, could not be impartial because of Trump's election campaign pledge to build a wall between the United States and Mexico.

Trump's lawyers have argued that Curiel should bar from the trial accusations about Trump's personal conduct including alleged sexual misconduct, his taxes and corporate bankruptcies, along with speeches and tweets.

Curiel is presiding over two cases against Trump and the university. A separate lawsuit by New York's attorney general is pending.

While presidents enjoy immunity from lawsuits arising from their official duties, the U.S. Supreme Court has held that this shield does not extend to acts alleged to have taken place prior to taking office. REUTERS

BRIEF

Kerry: US to push ahead on climate pact before Trump takes over

Secretary of State John Kerry said Sunday the Obama administration would do everything it could to implement a global agreement to combat climate change before President-elect Donald Trump takes office.

Kerry made the comments during a visit to New Zealand just before setting off to Marrakesh, Morocco, to take part in climate talks between 200 nations.

Donald Trump, who calls global warming a hoax and has promised to quit the Paris Agreement, was considering ways to bypass a theoretical four-year procedure for leaving the accord, according to a source on Trump's transition team.

Kerry declined to speculate on what Trump might do about the Paris Agreement and noted that there was sometimes a difference between campaigning and governing.

But the top American diplomat was clear he thought further action to prevent climate change should be a priority.

"The evidence is mounting in ways that people in public life should not dare to avoid accepting as a mandate for action," Kerry told journalists at a press conference in Wellington with New Zealand Prime Minister John Key.

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VW: Audi software can distort emissions in tests

GETTY IMAGES

Audi cars with automatic transmissions have technology capable of distorting emissions when they are tested, Volkswagen said, as its luxury flagship is battling allegations over a reported discovery of a new cheat software device.

Germany's Bild am Sonntag newspaper said a week ago the California Air Resources Board had this summer discovered cheating software in an older Audi model, which is unrelated to the device that triggered last year's diesel emissions test-cheating scandal at parent VW.

The software in CARB's discovery lowered carbon-dioxide emissions by detecting whether a car's steering wheel was turned as it would be when driving on a road and was used in diesel and petrol models in Europe for years, Bild had said.

> *"Adaptive-shift programs can lead to incorrect and non-reproducible results."*
> VW

"Adaptive-shift programs can lead to incorrect and nonreproducible results" when the cars are tested, VW said by email Sunday in response to an article published in Germany's Sueddeutsche Zeitung on Saturday.

If the software that controlled the automatic transmissions of certain Audi models detected testing conditions, the cars shifted more rapidly and in a way that would lower emissions of CO2 as well as nitric oxides, Sueddeutsche Zeitung said, citing a confidential VW document.

"Audi has explained the technical backgrounds of adaptive-shift programs to the Federal Motor Vehicle Authority KBA and has made available technical information," VW said, adding there will be more talks with the KBA, which has been commissioned by the German government to investigate the reported irregularities at Audi.

So-called adaptive-transmission control is intended to provide better performance by improving fuel economy and reducing shifting frequency, experts say.

"In normal use, these adaptive systems support the driver by adjusting the gear-shifting points to best adapt to each driving situation," VW said.

Earlier on Sunday, Bild reported the Environmental Protection Agency had opened an investigation into Audi over the latest reported software discovery and next week will hear senior VW group engineers, without elaborating.

But two people briefed on the matter said the U.S. government is asking questions about it and whether it constitutes a defeat device in gasoline-powered vehicles.

The EPA and CARB are focused on reaching agreement with VW on how to resolve 85,000 3.0 liter 2009-2015 diesel Audi, Porsche, and VW vehicles that emit up to nine times legally allowable pollution levels ahead of a Nov. 30 court hearing in San Francisco.

REUTERS

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US banks' post-election rally may be just an appetizer

Traders work on the floor of the New York Stock Exchange in New York City. GETTY IMAGES

In recent years, bank stocks have been held back by heavy regulation and historically low interest rates, which have sapped the earnings potential of their massive cash holdings.

The U.S. banking sector's dramatic rally post-Election Day is likely just a taste of bigger gains to come, as investors expect banks to reap huge benefits from rising interest rates and lighter regulation under a Donald Trump presidency.

Optimism about the sector's outlook is growing. Interest rates are rising and investors are betting that Trump will follow through on his campaign promise to review the increased number of regulations put on the banking system after it nearly keeled over in the 2008 financial crisis.

The S&P 500 bank subsector rose 10.2 percent in the three days following Trump's victory in the presidential election. This was the index's best three-day performance since August 2009.

In those three days, Wells Fargo Co. shares rose 13.6 percent, JPMorgan Chase & Co. climbed 9.5 percent and Bank of America gained 11.9 percent.

Some investors and analysts watching banks say the stocks are likely not near the end of their run.

"They are not close to being expensive yet," said Peter Kenny, senior market strategist at Global Markets Advisory Group in New York.

The S&P 500 banks are trading at about 11.2 times earnings estimates as a group, up from about nine times in February, when the index hit its lowest since May 2013.

Valuation is still well off peak levels of more than 33 times earnings estimates in May of 2009, though it trades near levels seen between 2002 and 2008, before many current regulations were put in place.

If rates continue to rise and the Trump administration gives some clarity on how regulations will change, then bank valuations "certainly can move higher," Piper Jaffray analyst Kevin Baker said.

Baker stopped short of giving a specific P/E estimate but he pointed to the higher valuations of banks that are not designated as systemically important financial institutions, commonly referred to as "too big to fail".

Today, the minimum asset threshold for too-big-to-fail designated banks is $50 billion. If this threshold is lifted to $250 billion in a regulatory overhaul it would give a lot more flexibility that could likely boost valuations of banks operating in that range, Baker said.

Valuations for too-big-to-fail-designated banks are at around 12.5 times forward earnings compared with multiples of 13 to 15 for banks outside this category, according to Baker.

Ed Keon, managing director and portfolio manager of QMA, a multi-asset manager owned by Prudential Financial, said he has been buying into the Financial Select Sector SPDR Fund, the ETF that tracks the S&P financial sector, in the last couple of weeks.

He is betting on higher interest rates and a pick-up in economic growth. The potential for lighter regulation added to his enthusiasm for the sector.

REUTERS

"Of course, no one yet knows exactly what policy changes will occur and exactly how much they will help profits, but I think the benefit might be solid enough that I am maintaining my overweight holdings in the sector."

Keon

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Why Aren't Doctors Telling About These Two Often

Two Advanced Medical Treatments Every Knee Arthritis Sufferer

By *NY Pain MD*

***NY Pain MD* is a medical clinic with locations in Midtown NYC and Uptown NYC that has treated thousands of knee arthritis and joint pain patients.**

Here is what every knee arthritis sufferer should know about the best treatments and options available today. Including when and why you should consider each of these 2 treatment approaches to get maximum results.

If you suffer with knee or other join arthritis pain, you have probably already tried many treatments ... especially countless pain medications. Experienced doctors understand that, even though pain medications such as anti-inflammatory pain pills are part of the recommended early treatment plan for knee arthritis pain... they are rarely the answer over the longer term.

In most cases they have minimal results (if any) and have a laundry list of potential side effects. Some being serious and even life threatening.

Are There Any Better Options?

Thankfully, advancements in science and technology come extremely fast. And now there are two very good options for knee arthritis to help relieve the pain.

Two options that a lot of knee arthritis sufferers have never heard of.

Before we get into the two treatments, please understand this...

NY Pain MD is a well established medical clinic that has treated thousands of knee arthritis sufferers and joint and back pain sufferers. Patients travel from all over the area and even several states away from NYC to be treated at one of their clinics because they want the best medical treatments available. What you are about to discover are two REAL medical treatments. Not miracle cures you see on infomercials or non-medical treatments promoted on the internet.

Know this fact: There is no cure for arthritis. But there are these two treatments that have already helped thousands of knee arthritis sufferers - possibly just like you.

The first treatment is more common than the second. Even if you have heard of this treatment - or even tried it without good results - please read this. You will find out why it may not have worked for you and how you may be able to get much better results.

#1 Viscosupplementation

Viscosupplementation has gained quite a bit of popularity in recent years and it has gotten mixed results for a couple of reasons.

But before we get into that,here's what you need to know about viscosupplementation.

When you have arthritis, you suffer a decrease in the lubrication fluids in your knees.

In other words, your knee joints basically "dries up."

The lubricating fluid that decreases is called "synovial fluid." pharmaceutical companies (with the help of doctors) can now make ***natural*** synovial fluid gel-like compounds that, during viscosupplementation treatments. Doctors can precisely introduce directly into the knee and other joints.

This helps replace the lubricating fluid to the knee joint - allowing it to move more freely and smoothly and often decreasing or even eliminating the pain.

What Results Can Be Expected?

Like all medical treatments, the results vary and can not be predicted. But many knee arthritis sufferers get dramatic results. It is not uncommon for patients to either postpone knee replacement surgery for years... or even permanently cancel it.

But There Is A BIG Problem

The key is the treatment must be EXTREMELY PRECISE. If the procedure is slightly off, the medication will not get into the knee joint and the treatment will not work.

That's why the experts at ***NY Pain MD*** use Precision Arthritis Targeting Technology so they can actually see the lubricant going directly into the knee joint during the treatment.

Research shows that doctors performing joint injections without this technology can miss the joint as much as 30% of the time.

If you have tried viscosupplementation without this imaging technology without good results - this may be why.

That's why ***NY Pain MD*** takes it even one step further. They do not just use one step process of advanced imaging during treatment - they use two in their "double confirmation" process. This is to ensure patients get the best possible results.

Another Important Factor

Viscosupplementation medications also come in several different "brands" and chemical make-ups. Just like all medications, some people respond better to one than another. So, the experts at ***NY Pain MD*** use several and great effort is taken to figure out what is the best one for YOU.

One last thing: The experts at ***NY Pain MD*** have found that earlier you start Viscosupplementation the better.

This is most likely because the longer you wait - the more joint destruction takes place.

That's why ***NY Pain MD*** is now seeing so many patients as young as 35 to 40.

Summary: If you have knee arthritis pain and have not tried. Viscosupplementation you should look into it as soon as possible.

If you have tried it without good results. you may still be able to get great results with the proper imaging and specific medication.

What Should You Do If Viscosupplementation Fails?

When conservative treatment, including viscosupplementation fails ... most knee arthritis sufferers believe their only option is total knee replacement surgery.

This is not true...and here is why

There is another treatment for serious knee arthritis pain most people (and even doctors) do not know about.

#2: Radiofrequency Treatment

This treatment is technically called, "Radiofrequency Neurotomy." Or RF for short.

RF is a procedure that is based the theory that blocking the nerve supply to the painful area may alleviate pain and restore function.

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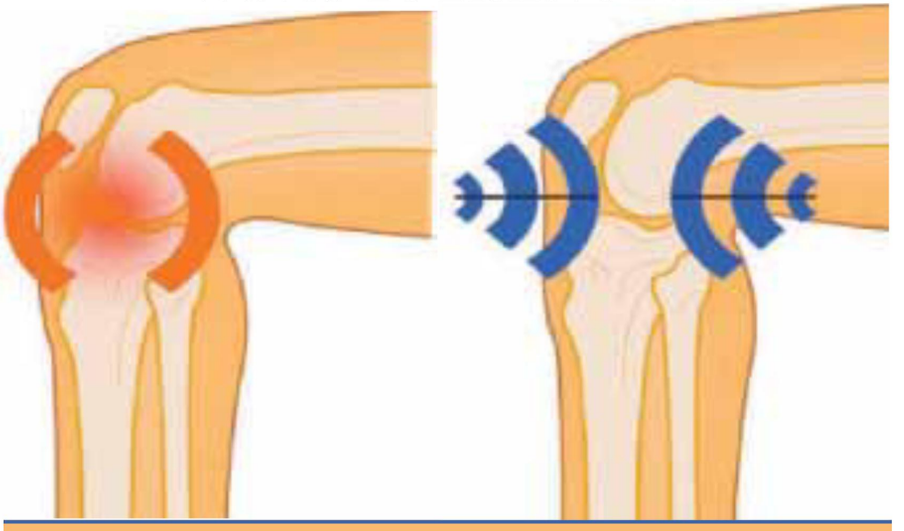
Knee Arthritis Sufferers Successful Treatments?

Needs To Know - Before Or After Knee Replacement Surgery

Advanced Treatment Uses Medical Radio Frequencies Waves To Relieve Pain



Science rescues knee arthritis sufferers?: **Radio Frequency Waves are used to block the nerve supply to the painful area and may alleviate pain and restore function to many. Many patients still in pain after a knee replacement may respond very well to these treatments allowing the possibility of avoiding additional surgery.**

Several branches of nerves that surround the knee are known as "genicular nerves."

Radiofrequency waves are delivered to the genicular nerves under advanced imaging to "block" the nerve from transmitting pain signals.

There are two distinct parts to this treatment. First, a test, diagnostic "G Block" procedure is done to determine if the procedure is going to decrease pain and improve function.

If this first "test" procedure is successful, then one to two weeks later, Radio Frequency waves are applied for term relief.

Is It Safe?

Research has shown this to provided significant relief for some patients. to procedure to be safe and effective.

One study published November 4, 2010 in the journal Pain found that RF treated subjects on average "achieved at least 50% knee pain relief at 1,4 and 12 weeks, respectively. No patient reported a post procedure adverse event during the follow-up period.

Some studies indiciate some patients may get years of relief in some cases. "RF neurotomy (radio frequency treatment) of genicular nerves leads to significant pain reduction and functional improvement in a subset of elderly chronic knee osteoarthritis pain, and thus may be an effective treatment in such cases."

It should also be mentioned that, like all procedures, results will vary patient to patient

Who Should Try This Treatment?

RF should be considered after other treatments, such as anti-inflammatory pain medication and viscosupplementation do not offer good enough results.

RF can be utilized before resorting to total knee replacement. RF allows many patients to avoid knee replacement surgery.

RF has also been found effective AFTER knee replacement surgery when the patient still feels pain.

The pain after a failed knee replacement surgery can be debilitating and this procedure can be the only thing that helps and give you relief.

What To Do Next If You Are In Pain

Here is the "X" factor many do not consider that might be the difference between you getting the best possible treatment or not.

Many experts suggest choosing a medical clinic that offers all these treatments and has the proper, most advanced technology all under one roof.

This way, the doctors working on your case can give you a proper examination and advise the best possible treatment plan for your individual case.

Several experts work as a team to offer you the best treatment options at the appropriate time to maximize results. It is also very convenient to have all your doctors and treatments in one place. Traveling to different offices can be time consuming and even more expensive.

NY Pain MD believes this "X" factor is one of the reasons so many knee arthritis sufferers travel from all over to be treated at their advanced medical clinics.

NY Pain MD offers a limited number of complimentary knee arthritis treatment screenings every month. These screenings are a way for knee arthritis sufferers to get some of their ques-tions answered and see if they are a candidate for one of the cutting-edge treatments offered at ***NY Pain MD***

If you would like a complimentary screening, just call 855-456-PAIN [7246] and tell the scheduling coordinator "I would like a complimentary knee arthritis screening." The screenings fill up fast every month. If you do not call in time to get one this month, the scheduling coordiantators will get you appointed for next month

This screening is no cost and no obligation. Many of the treatments offered are covered by many insurance plans and Medicare

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Bangladesh retrieves a fifth of $81M stolen in cyber heist

Bangladesh's central bank has retrieved just under a fifth of the $81 million that was stolen from its account at the New York Federal Reserve in February, a Bangladesh Bank official said.

Philippine authorities handed over $15.25 million to Bangladesh's ambassador to the Philippines, said the bank's deputy governor, Abu Hena Mohammad Razee Hassan, who heads its financial intelligence unit.

The money should be credited to the Bank's Fed account Monday, he told Reuters, adding: "We will now go for the rest of fund."

In February, unknown hackers used stolen Bangladesh Bank credentials to try to send three dozen SWIFT messages to transfer nearly $1 billion from its Fed account. They succeeded in transferring $81 million to four accounts at Rizal Commercial Banking Corp. in Manila.

> *"We will now go for the rest of fund."*
> Abu Hena Mohammad Razee Hassan

Most of the money was laundered through casinos in Manila and remains missing.

A Bangladesh Bank delegation went to Manila this week to work on moving back part of the funds.

A Philippine court in September ruled that Bangladesh Bank was the rightful owner of around $15.25 million surrendered by casino boss Kim Wong and his Eastern Hawaii Leisure Co., according to a court order.

Wong, who returned $4.63 million and $10.05 million to Philippine authorities from millions of dollars he took from two Chinese high-rollers, has denied any role in one of the world's biggest cyber heists. REUTERS

Casino junket operator Kim Wong gestures as he gives a statement during a senate hearing in Manila on April 19, 2016 GETTY IMAGES

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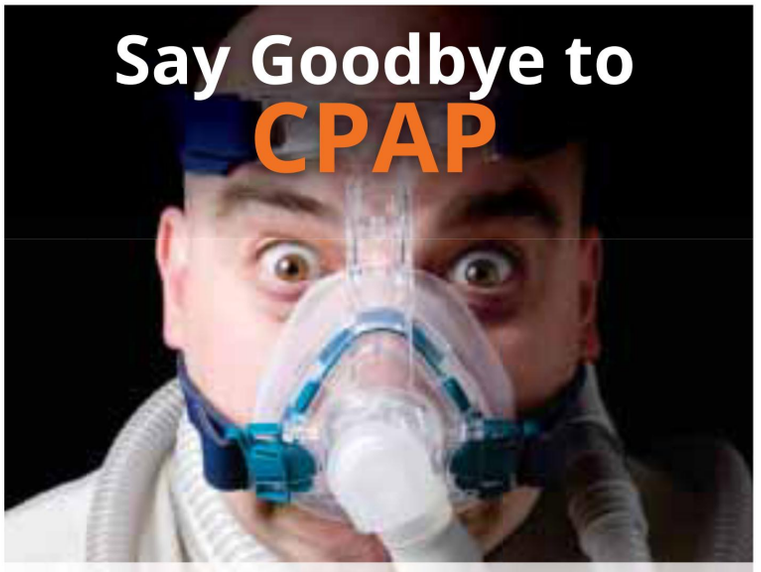

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Tony's Metro Magic collecting toys for kids

Please donate to the Metro Magic annual holiday toy drive during the 2016 holiday season.

CHARLES MOSTOLLER

In keeping with the holiday spirit of giving, Metro is once again launching Metro Magic, our annual toy drive for underprivileged children in New York, Boston and Philadelphia.

This year marks the seventh anniversary of the toy drive, which was renamed in memory the man who oversaw the project for more than four years, Tony Metcalf, Metro's longest-running editor in chief. Mr. Metcalf passed away in 2013 from colon cancer at the age of 50.

Mr. Metcalf lit up every year as he saw the faces of children unwrap their holiday gifts. It is our goal to keep that magic alive.

"Tony felt we should use the size and scale of Metro to help others and he used enormous dedication and force to execute the project and every year make children in need a little happier during the holiday season," said Metro's Chief Executive Officer Yggers Mortensen.

"I am proud to continue this project in honor of Tony and I hope all our readers, suppliers and members of the Metro team will help to make this yet another great Metro Magic year."

Metro has created a wish list at the Target website that readers can access by going to Metro.us and clicking on the Tony's Metro Magic story on the homepage. You can also use this direct link: Metro.us/magic.

From there, just choose the toys you wish to donate, pay online using Target's secure payment system, and your gifts, along with your name attached, will be delivered to Metro's offices in each city.

So through the rest of November and December, both in print and online at Metro.us, we will be reminding readers to donate.

This season, we hope you will remember the children who will spend the holidays in shelters or who may not have gifts to open. Even one small gift can make a big difference in a child's holiday season.

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www.africanservices.org

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www.anyf.org

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www.allstars.org

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www.angelashouse.org

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www.aafscny.org

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www.catholiccharities.cc

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Pro Mujer
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www.reachoutandreadnyc.org

The Retreat
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www.riverdaleonline.org

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www.sanctuaryforfamilies.org

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www.scenichudson.org

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www.sco.org

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www.sageusa.org

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www.siecus.org

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Stanley M. Isaacs Neighborhood Center
www.isaacscenter.org

Staten Island Mental Health Society (SIMHS)
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www.teatown.org

Tell Every Amazing Lady About Ovarian Cancer, Louisa M. McGregor Ovarian Cancer Foundation
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Dream Kardashian is a hit on Instagram

INSTAGRAM/@ DREAM

Robert Kardashian and Blac Chyna welcomed their highly anticipated daughter, Dream Renee Kardashian, into the world on Thursday morning. The famous family flooded Instagram with pictures of the newest Kardashian the same day. On Saturday, Rob & Chyna headed home with their newborn, but not before setting her up with an Instagram account of her own.

Baby Dream's account has already been verified by the social media platform and amassed over 380,000 followers. In addition to a photo of herself posted by Daddy Rob, the infant "shared" a picture of herself breastfeeding with Chyna.

We thought Baby Dream would be kept under wraps until some magazine purchased exclusive photos of the newborn, but the family just couldn't keep her to themselves. While her auntie Kim, reigning social media queen, remains low key following her Paris robbery, Dream is stepping in!

Pink pregnant with second child

INSTAGRAM/@ PINK

Grammy Award winner Pink is pregnant with her second child! The 37-year-old "Just Like Fire" songstress took to Instagram to "Surprise" fans with the news on Saturday. From the looks of her round baby bump, it looks like Pink is going to be a second-time mom sooner rather than later.

Pink has been married to retired biker-boy, former motorcross champion Carey Hart since 2006. He also owns a tattoo and clothing company. The couple already have a 5-year-old daughter together, Willow Sage. It appears Willow is excited to become a big sister, she posed with her head resting on her mom's tummy in the sentimental photo.

Congrats to this badass family!

Prince's estate shuts down Jay Z's offer

After legendary singer Prince was found dead in his home from an accidental drug overdose earlier this year, rapper and businessman Jay Z made a move to purchase the late singer's unreleased music. TMZ reported that Jay sat down with Prince's sister and offered around $40 million for the cherished catalog.

Apparently Prince's estate has made a decision: No deal. TMZ has confirmed that the estate sent a letter to Jay Z's camp saying that they actually aren't down to letting "Roc Nation exploit any of the intellectual property assets of the estate." Yikes. They're also claiming that Tidal, part-owned by Jay, was not authorized to make 15 of Prince's albums available for streaming shortly after his death.

Looks like you really can't always get what you want, even if you're Beyoncé's husband.

Jackie Chan has finally won an Oscar

Jackie Chan has a career in film that is longer than many of us have been living.

For over 50 years, Chan been impressing us with his complicated flips, stunts, and martial arts moves in his over 200 films! Such a robust career is certainly an accomplishment of its own. But on Saturday Chan received his most cherished acknowledgement of all: an Oscar.

Jackie Chan was one of four actors who received a lifetime achievement award at the annual Governors Awards in Hollywood, E! News reports. Tom Hanks introduced the 62-year-old and made a toast in his honor. Chris Tucker, the co-star in Chan's successful "Rush Hour" franchise, presented him with the award. In his acceptance speech Chan thanked his fans who motivate him to keep making films and "breaking [his] bones."

We're glad his hard and dangerous work paid off.

ALL PHOTOS GETTY IMAGES UNLESS STATED OTHERWISE

Patrick Dempsey and his wife call off divorce

It's pretty common to hear "the wedding is off" from those who break up before they make it down the aisle. It's rare that we get the opposite announcement: The divorce is off! But that's exactly what's happened with Patrick Dempsey and his wife, Jillian according to US Weekly.

Jillian filed for divorce from the 50-year-old "Grey's Anatomy" star in January 2015 citing irreconcilable differences. It looks like she was mistaken. Dempsey confirmed that he and Jillian were back together during an interview with ES magazine in May. US Weekly is confirming that earlier this month Jillian filed to a request to have the divorce papers dismissed. A judge granted the request last week.

This is some refreshing news when the Brangelina divorce still has us questioning the existence of love.

Cooking up 'Martha & Snoop's Potluck Dinner Party'

We chat with series creator SallyAnn Salsano.

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jennifer.logue@metro.us

VH1

SallyAnn Salsano VH1

The world could use a heavy dose of comic relief right now, and the tongue-in-cheek humor of "Martha & Snoop's Dinner Party" may be the perfect remedy to post-election blues. The show made its premiere on Nov. 7 and teams legendary rapper Snoop Dogg with America's domestic goddess, Martha Stewart, as they cook up a meal as well as some interesting conversation. We chatted with series creator SallyAnn Salsano about TV as cultural diplomacy, Martha and Snoop's friendship and who's the better cook.

First I've gotta ask: Are Martha and Snoop friends in real life?

It's so crazy. Yes, they are. The first time they connected — I think in 2007 or 2008 — was back on Martha's cooking show. He came in to do a segment and they just like completely hit it off and have stayed in touch ever since. They both literally respect the hell out of each other and understand each other in a way that made our job so much easier.

At a point when our country is so divided, this show couldn't have come at a better time.

Without realizing it, the show is a very powerful thing. Even during its development, there was so much hatred going on in our country. Then you come to our set — you could not have two people who appear to be so different on the outside just worshipping each other. If you look at their two dynamics and their brands side by side, they are so different, but really are very much the same. They're two people that came from, you know, very modest backgrounds that work their asses off to build empires; they are both perfectionists; they both love food; they love friends; they love entertaining; they love music.

Reality TV as diplomacy. Crazier things have happened ...

We even talked about the set and how they divide it down the middle and Snoop was like: "This is my style, this is Martha's style. With that being said, we're not changing for each other but we love each other for it." And, I think if the country looks at it that way, there is a little bit of a message there. Sharing your entire heritage, your family, your life and your traditions. Martha learns just as much from Snoop as Snoop learns from Martha.

I have to say, I had no idea Snoop was so into cooking!

During commercial breaks I literally run up there and grab a bite. I'm like, "Give me a bite, give me a bite," because you're sitting there and you're dying to know. You always expect Martha to be good because it's so clichéd. Like, Martha's is going to be fabulous. On the first day I was like, can Snoop really cook? And I was like: "This is really good." And he was like: "I'm actually offended at how surprised you are!" We all started laughing because it's true. Again, it comes back to the fact that Martha is the cook and Snoop is the singer, you know. And in the end, they are both great cooks.

"Martha & Snoop's Potluck Dinner Party" airs on Monday nights at 10 p.m. on VH1.

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What Danny Glover can teach us all

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Romany Malco talks "Almost Christmas," crazy families and making a difference.

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Romany Malco agrees that discussing "Almost Christmas" is a nice break from this year's phantasmagoric election: It's much better to talk about fractured, bickering families than talking about a fractured, bickering nation. In the comedy, the actor, 47, plays the most serious of an extended, dysfunctional family — a politician running for senator who joins his numerous brothers and sisters at the family home with their widowed father (Danny Glover). There, they proceed to fight.

Malco, best known for "The 40-Year-Old Virgin" and "Weeds," is no stranger to in-family roughhousing, even if he tends to view it as a glass half-full, not half-empty.

One reason family comedies are popular is that everyone's family is almost certainly nuts, in their own unique ways.

When you're doing a film, to a degree there's a heightened reality. This was one of the rare instances where you don't have to heighten the reality that much. That's because families are freakin' bizarre. You don't have to play up anything with family. You can't write the s— that happens with family.

Unlike friends, our family members are people we've been forced to connect with by fate.

Totally. That's the other thing people overlook: Family is where you have your biggest battles, but family is who tends to mend your biggest wounds. We feel safest amongst our family, no matter how much they get on our nerves.

Usually I don't like asking about what it's like to work with certain cast members, but you got to spend time with Danny Glover — a very serious man who does great things and champions noble causes.

GETTY IMAGES

Danny Glover has a wicked sense of humor off-camera. We tended to keep things PG-13 for the sake of the movie, but off-camera he has a wit that is extremely intelligent. And he has these great stories. Getting to know him got me to a place where I realized I should be doing more with my platform. I'm not professing to be a big Hollywood star and everyone cares what I think. But the few people who do care what I think should be using that platform. And I have been using it since working with Danny Glover.

What have you done?

I have a video out right now with about 4 million views on Facebook called "The Racket of Racism." I talk about the history from the Civil War to the present day, showing the true line of how slavery became the convict state, how it produced free labor prisons. I've had people of all races come to me and say, "I didn't know this. This changes my stance on Black Lives Matter." I've had an older white woman come up to me and say, "I'm devoting my life to this cause." It makes me feel if you share truth and extract your ego and personal issues from the equation, it's just easier for people to understand. And that's what I got chompin' it up with Danny Glover. No matter what, he was always speaking from a place of love.

Troye Sivan grows up and speaks out

RYAN ENN HUGHES

Tthe Australian pop singer reflects on the power of social media.

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It's hard to believe that Troye Sivan, the 21-year-old singer of hits like "Wild" and "Youth," once posted videos of himself waxing his legs and getting makeovers to his YouTube page. In the last 10 years, the Australian social-media star has grown up quite a bit — he's released four EPs and a studio album, starred in movies like "X-Men Origins" and amassed nearly 5 million Twitter followers.

But Sivan doesn't take his star power for granted — since coming out in 2013, he's been an outspoken voice for LGBTQ youth. Currently on tour promoting his album "Blue Neighbourhood," Sivan is donating a portion of ticket sales to The Ally Coalition, a U.S.-based organization that supports LGBTQ causes through education, awareness and advocacy. He calls us from Montreal after a soundcheck to talk about his "Suburbia" tour, sexual identity and the U.S. election.

How are you feeling about the results of the recent U.S. election?
When I was back in the States, everyone thought there was no way Trump would become president. I haven't been back since the election, so I don't know what the vibe is right now. But I'm hoping everyone's all right. We're in scary times. Everyone has to come together and remind themselves what's important to them and try and actively fight for that. I think we're going to have to fight a little bit harder than we've had to fight for the last eight years.

You've had a massive career based in social media and YouTube — how has that prepared you for a music career?
I don't think there's necessarily a way anyone can be prepared for this kind of thing. What it did was it made me feel comfortable. When I played my first show, I felt support from the crowd and all my nerves melted away. The people in that room were the same people who had been following and supporting me online for so many years. It made what I think would have been a really daunting and terrifying thing a lot more comfortable.

A portion of ticket sales are going toward The Ally Coalition — can you talk about the organization?
The Ally Coalition helps out LGBT causes and communities around the United States. We're working with them to figure out what each city needs so we can help out. We've asked fans to help volunteer at the shows — whether that's setting up gender-neutral bathrooms in the venues or asking everyone to bring things like socks and canned food to donate to LGBTQ-friendly shelters.

Your "Blue Neighbourhood" music-video series is about the struggles same-sex couples face. What was filming like?
I saw it as an opportunity to tell a story and spread a message. Around 2008, the "It Gets Better" program started and became a hot topic on everyone's list. Then I felt like the conversation about LGBTQ suicide died down a little bit. I didn't want to get complacent. It was something that was still happening, so I wanted to remind people that it was still an issue at hand.

I also wanted to speak not only to LGBTQ people, but the people who surround them so I could show them the weight and impact their words have on their LGBTQ loved ones. When someone comes out or expresses they're not straight or cisgendered, your reaction is really imperative and can make or break that person's happiness. I came out and have not had a single issue at all — if anything, it's been a positive on my life and on my family's life. Those same circumstances with a different family member or unsupportive school can really shift something for a young LGBTQ person and end catastrophically. I wanted to make people aware of that weight they have.

So do you feel like most of your inspiration for songwriting comes from your sexual identity?
There are definitely other things that inspire me. The only song that's really about my coming out experience was "Heaven." The rest of the album is about love, growing up and moving away from home. There aren't really LGBTQ themes other than the fact that I'm a gay person writing about that stuff.

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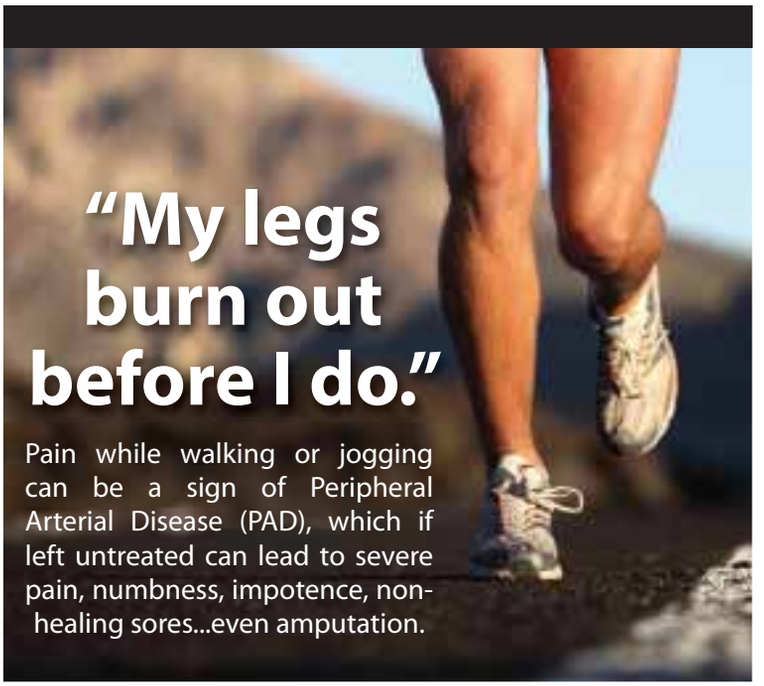

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Know your risk of diabetes

Dr. Khadeen Cheesman of Mount Sinai answers our questions about diabetes symptoms, risks and prevention. ISTOCK

Diabetes has reached epidemic levels in the United States: According to the Centers for Disease Control and Prevention, over 29 million Americans have diabetes, and 86 million others have prediabetes, a condition that increases the risk of Type 2 diabetes and other illnesses.

Monday, Nov. 14, is World Diabetes Day. Mount Sinai's Diabetes Institute will hold a free education and information event open to the public, during which it will offer risk assessments, raffles and a fitness class led by the 92nd Street Y.

We talked to Dr. Khadeen Cheesman, assistant professor of medicine, endocrinology, diabetes and bone disease at Mount Sinai Health System, about the differences in the two types of the disease, what you can do to prevent it and how to treat it if you have it.

What is the difference between Type 1 and Type 2 diabetes?

A patient with Type 1 diabetes cannot produce any insulin at all. Insulin is a hormone that we need to control the glucose levels in our body. The glucose level goes up when we consume carbohydrates.

Type 2 diabetics produce some insulin, and may produce excess, but your body is resistant to that insulin, and therefore cannot use it very effectively—resulting in high blood sugar.

Generally speaking, people with Type 1 diabetes tend to be younger. They can be diagnosed anywhere from birth, tend to be younger than 40 years old, but there are cases where you diagnose Type 1 diabetes in people up to the age of 70 years.

Type 2 diabetics tend to be diagnosed as adults. But now we're actually seeing a larger proportion of pediatric patients because of the obesity epidemic. The only medication for Type 1 diabetes is insulin, which is injection. Type 2 diabetes can be controlled with some oral medication, diet and exercise.

What are the symptoms?

You get increased urination during the day and night. You're thirsty, which actually leads to a vicious cycle: People say they feel thirsty so they drink Gatorade or Vitamin Water, which contains a lot of sugar, making everything worse. You feel tired. You get blurry vision, because the extra glucose leads to eye swelling. You also lose weight. But if you screen, and follow up with your PCP regularly, you can hopefully get a diagnosis of prediabetes or diabetes, and then you can delay or prevent those symptoms from occurring.

How do you avoid or delay the onset of Type 2 diabetes?

First things first: activity, activity, activity. Everyone's busy, with work, kids, studies, it's hard to exercise 30 minutes a day, five times a week. By doing simple things like taking your dog for a walk, getting off [the train] one or two stops earlier and walking. You can burn a significant amount of calories.

Twenty-five percent of the population with diabetes doesn't know they have it. Anyone over the age of 45 should be tested, absolutely, or anyone with risk factors of being overweight, physically inactive, [having] BMI over 25 or family history should be tested.

What complications can develop from diabetes?

You can get heart attacks, strokes. Other complications are microvascular; they affect the smaller vessels in our body. That includes kidney disease. It also leads to eye disease.

If you diagnose and treat it early enough, can you prevent these complications?

Absolutely. These complications occur because of uncontrolled diabetes. You can control the diabetes by diet or lifestyle, or if that's not enough, medication. Whether it's by oral medication or insulin, you can absolutely prevent the progression of these complications.

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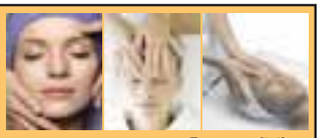

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HOW TO GET AHEAD

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How to speak up in class even when you are nervous.

LAKSHMI GANDHI
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During his 30 years of teaching at New York University, James P. Carse saw it all: eclectic students, fiercely competitive faculty members and the inner workings of a major university.

"The university is the noblest creation of Western civilization," says Carse, a retired professor of history and religious literature. That belief, along with his lifelong fascination with Socrates, led Carse to set his first novel, "PhDeath: The Puzzler Mysteries," at a major university in New York.

As the title suggests, Carse's book is filled with clues about the death of a newly appointed dean whose passing was assumed to be a suicide until a mysterious note in the form of a puzzle is sent to faculty and students. Everyone then sets out to become amateur detectives trying to crack the case.

During his time at NYU, Carse was enormously popular among students and academics alike, with many undergrads signing up to get on the wait list for his courses. His 1987 book, "Finite and Infinite Games," was considered particularly influential in his field.

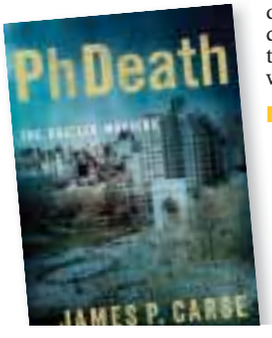
However, throughout his teaching career, Carse often encountered students who were either too shy or intimidated to create meaningful relationships with their professors. We asked him for his tips on how students can overcome that fear and make the most of their college experience.

Avoid emailing if possible

While email is a quick and easy way to get in touch with an instructor, it's important to keep in mind that faculty members get countless messages each day, says Carse. "So they'll answer in the quickest way possible, and it's not really a meaningful exchange. There's too much non-human presence in it."

Face-to-face meetings are better

Instead, be sure to stop by a professor's office hours or ask if you can meet them for coffee somewhere on campus. "The ideal relationship between a professor and a student is a conversation," Carse explains. "One thing everyone needs to understand is that professors chose to be in the profession of teaching, and teaching is part of a conversation that is very large and is between the professor and the subject and the student."



Don't be afraid to ask for help

Many students say they are particularly afraid to approach a professor when they don't understand something, or worry that their interpretation of a theory or reading is wrong. "But the main mission of a university is to teach ignorance. What I mean by that is that a teacher does the best job when they make students aware of what they don't know," says Carse. "So if a student says 'I don't understand' or 'I am confused by this,' if a person's a real teacher, they will help the student work out the problem."

In fact, Carse says that a sign of a good class is when students start thinking further about the topic and are able to look at it in new ways. "The conclusions come later," Carse says. "You should leave a classroom with a lot of questions, and then continue that conversation with your professor."

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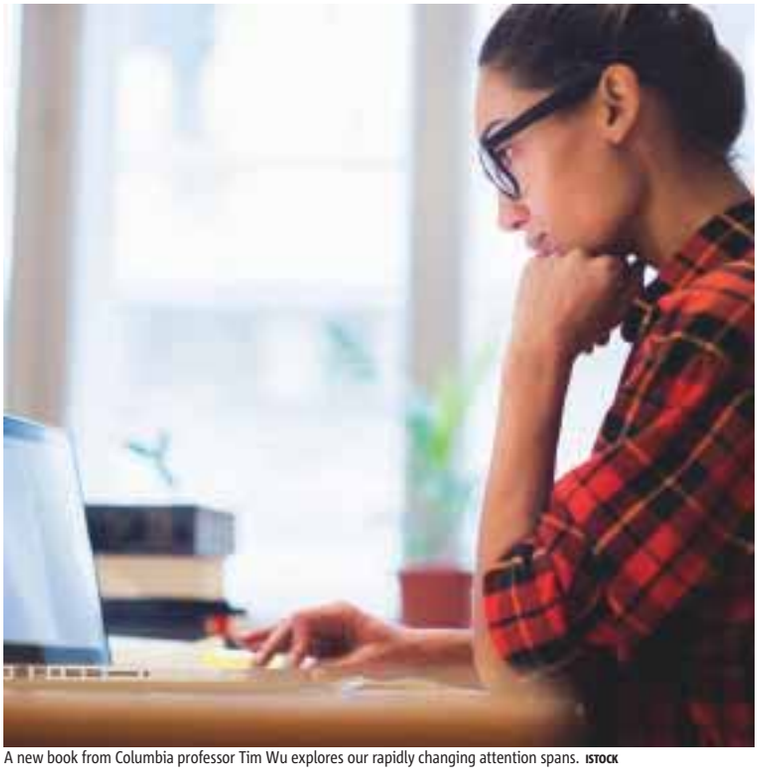

A new book from Columbia professor Tim Wu explores our rapidly changing attention spans. ISTOCK

Blame it on the 'attention merchants'

A new book exposes the business of capturing our minds.

SARA FEINSTEIN
@MetroNewYork
letters@metro.us

Do you feel like you're in a constant state of distraction? You are.

And you can thank the "attention merchants." These tech-age sales agents — they include everything from TV networks and newspapers, to companies like Google and Facebook — are explored in Columbia University professor Tim Wu's latest book.

"Turning on the internet has come to feel like swatting mosquitoes," Wu says.

"We spend so much time avoiding ads, and [marketers] spend all of their time finding new ways to sneakily put them where we can't get away from them."

Of course, a business model that relies on capturing and keeping attention is always going to lean toward the sensational, says Wu, and these merchants have realized that entertainment is the most effective method.

It's one of the main reasons Donald Trump was able to win the election, Wu explains: He was incredibly good at attracting attention. In fact, his campaign came to embody the "strangely irresistible" world of reality television — a platform that relies on the highly unusual and erratic. Traditional newspapers, government officials, and even the president, are all competing with the entertainment industry to get their messages out, says the expert.

People used to complain about sensational television being all about the race for ratings, Wu says. But he contends that's more dignified than the web's aggressive contest for clicks that aims to trap us in a vortex of wasted time.

"I call it the casino effect," he says. "You sit down to write one email, then you click on something and suddenly four hours go by."

Perhaps more frightening is the fact that we carry around these ad platforms in our pockets and are entranced by their glowing screens all day long.

"Imagine you told someone 50 years ago, we're going to have a phone like 'Star Trek,'" says Wu, "but as opposed to doing what they say, they're also going to be trying to make you watch ads all of the time."

We're a free society, yet somehow we're continually being watched and controlled by our devices, he says. Through most of our history, we've condemned countries for keeping files on its citizens, and now we happily hand over personal data to private companies just so we can play "Candy Crush" with our aunt in Spain.

But while it's possible to reclaim our consciousness, explains Wu, harnessing the willpower to disconnect isn't enough. "You have to set up rules and reprogram your own life."

His secret weapon? "I have children," he says, "which forces parts of my day to be completely human."

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Bryce Petty couldn't lead the Jets to glory in his regular season debut. GETTY IMAGES

3 Things we saw as Jets fell to Rams

The Jets' quarterback situation continues to get more and more complicated.

TONY WILLIAMS
@TBone8
sports@metro.us

When Jets head coach Todd Bowles turned to his young signal caller Bryce Petty, he knew well in advance that Gang Green would keep the game plan close to the vest.

And with the Los Angeles Rams (4-5) also having issues at quarterback, it was expected that the game would be a kicking fest, both in punts and field goals — and it was, as the visitors earned the tight 9-6 win.

Bowles was allowed an easy out to sit quarterback Ryan Fitzpatrick (knee sprain) and replace him with Petty, but after the way Gang Green lost in the final moments, and the fact the second-year signal caller didn't do much to wrestle the job away from Fitzpatrick, Bowles is in store for another grueling week of quarterback questions.

Jets' fans were hopeful Petty would've acquitted himself, and provided the coach reason to move forward with the youth movement, but like his predecessor, he ruined the Jets' plans with a late interception at midfield with 1:52 remaining in the game. New York didn't have any timeouts remaining following the interception by linebacker Alec Ogletree, and the game was salted away.

Interception withstanding, Petty had respectable stats in his first career start, as he went 19-of-32 for 163 yards, one touchdown, and an interception.

The story, though, was the ineffectiveness of both offenses, as punts rained the sky. Los Angeles sported one of the league's least inefficient offenses, while the Jets (3-7) were just trying to stay afloat with their neophyte. Ultimately, it came down to a kicking contest, which the Jets lost, as Greg Zuerlein nailed a 34-yarder with just under seven minutes remaining.

Metro takes a look at the events that lead to Gang Green's second-straight defeat.

What we saw:

1 Todd Gurley corralled

Last year's Rookie of the Year, Gurley was thought to take the league by storm and really be the team's linchpin, especially as the Rams made the move from St. Louis to Hollywood. But he's struggled so far this season, and Sunday was no different. Heading into the contest, Gurley was averaging just 13 touches per game during the last month, as Los Angeles entered with a four-game losing streak. Sunday's defeat was the Rams' fifth straight and it was mostly due to the disappearing act of its franchise running back. Gurley was held to 64 yards on 21 carries. The microcosm of Gurley's frustrations happened on the opening drive when the Rams had first-and-goal inside the Jets' 1-yard line and could only muster a short field goal, after ignoring the run and throwing on three-straight downs. Gurley missed two practices leading up to the game with a thigh injury, but he didn't necessarily look hampered, just not effective.

2 Riding Forte

It was apparent early what Bowles and Gailey wanted to do for their neophyte passer, and that was to give their running backs a heavy workload. Matt Forte had 22 touches, including 20 carries, while backup Bilal Powell added 11 touches, including seven receptions. It's a formula that Gang Green will continue to provide, especially if Petty remains the starter — and in all honesty, it's a formula that should stay intact if Fitzpatrick returns to the starting lineup, considering his 13 interceptions. Forte looked fresh in totaling 98 rushing yards, while Powell provided a great change of pace with his receptions that earned him 52 receiving yards. Powell also accounted for 37 rushing yards on just four carries.

3 Passing game stuck in neutral

Brandon Marshall once again had a quiet afternoon as he registered just four catches for 15 yards. The only glimmer of hope came on a creative touchdown where Petty hit Marshall for a four-yard gain, who then flipped the ball to a streaking Powell for the hook-and-lateral touchdown. But that was the highlight for Marshall, who regardless of the starting at quarterback, just can't seem to find his mojo. Quincy Enunwa was basically invisible as he garnered just one catch for seven yards. The tight end never gets the ball thrown to him. And the best options lately have been the running backs out of the backfield. Perhaps they've found a hidden gem in rookie Robbie Anderson, who had a team-high 69 yards on just three catches, but 52 of that came on a perfectly-placed pass from Petty during the Jets' 99-yard drive.

3 Things to watch for Monday night when the Giants face the Bengals

Can New York continue its momentum under the lights in prime time?

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Can the Giants figure out their run game? GETTY IMAGES

The chance will be there for the New York Giants on Monday night to not only win a fourth straight game but potentially move to 6-3 on the year, a far cry from early October when the team was a dumpster fire and appeared headed in the wrong direction.

Now, despite injuries to the secondary and some woeful play from the offensive line, the Giants have somehow churned out three straight wins. Against the Cincinnati Bengals on Monday night, they host a struggling team that has three losses and a tie in their last four games.

1 It's a rush

After struggling to get to the quarterback, let alone get sacks in the first month of the NFL season, the Giants defensive line finally seems to be coming around. What was supposed to be the centerpiece of the defense is getting traction and the Giants recent three-game winning streak is in part due to their front four's success.

Their pass rush has been coming along nicely the past few weeks.

"These guys have a lot of pride. They would like to be doing a lot better in any game. Every individual position group wants to be the reason why we play great defense and win games and I think they feel the same way," defensive coordinator Steve Spagnuolo said. "I like the way they are functioning together, chemistry is important, I think that is there right now, I think sometimes that comes with winning, we have been able to do that. But look, there is a fine line, one or two plays in there could have been the other way, we understand that when we win and we certainly see that when we lose."

2 Ground to a halt

Through the first nine weeks of the season, the Giants are dead-last in the league in rushing, averaging an uncharacteristic 68.2 yards per game on the ground. A major issue is the play of the offensive line, which has been putrid this year in opening holes for the backfield.

Last week against the Eagles, the Giants had just 54 yards rushing the ball. But there's a glimmer of hope as rookie Paul Perkins gets more reps and is showing some flashes of potential.

"I think if you look at just from the second half particularly and we were in that end of game, four-minute mode, if you will. We were able to have some success running when they had a pretty good feeling we were going to run. We had a big run getting the ball on the edge," offensive coordinator Mike Sullivan said. "So, you see some of those flashes, after having some of the setbacks in the first half. We looked at some various combinations, whether it's having a big offensive lineman at the tight end position, whether it was doing some things formationally."

3 Get this one then ...

OK, the Bengals won't be an easy out. Despite their struggles this year they still have playoff-caliber talent on both sides of the ball and one of the game's better quarterbacks in Andy Dalton. But they are vulnerable and this game is for the taking if the Giants show up and perform like they have the last few weeks. Consider their schedule over the next few weeks and suddenly, this team could be on a roll if they get this Monday night win.

If they are at nine or even eight wins come December's game against the NFC East-leading Cowboys, the Giants might just be playing for a divisional title.

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NYSPI IRB Approved 7458R 5/13/2016 -> 5/1/2017

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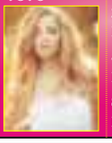

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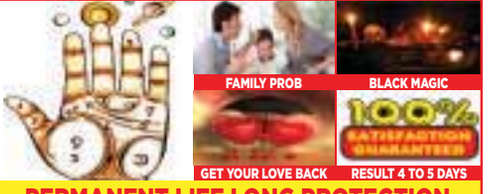

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Pursuant to a Judgment of Foreclosure and Sale duly filed on October 19, 2016, I, the undersigned Referee will sell at public auction at the Queens County Courthouse, Courtroom 25, 88-11 Sutphin Boulevard, Jamaica, NY on December 09, 2016 at 10:00 a.m., premises known as 85-35 118th Street, Kew Gardens, NY. All that certain plot, piece or parcel of land, with the buildings and improvements thereon erected, situate, lying and being in the Borough of Queens, County of Queens, City and State of New York, Block 9261 and Lot 40. Approximate amount of judgment is $1,114,649.79 plus interest and costs. Premises will be sold subject to provisions of filed Judgment Index # 1931/09.

Mitchell Kaufman, Esq. Referee

Borchert & LaSpina, P.C. 19-02 Whitestone Expressway, Suite 302, Whitestone, New York 11357 Attorneys for Plaintiff

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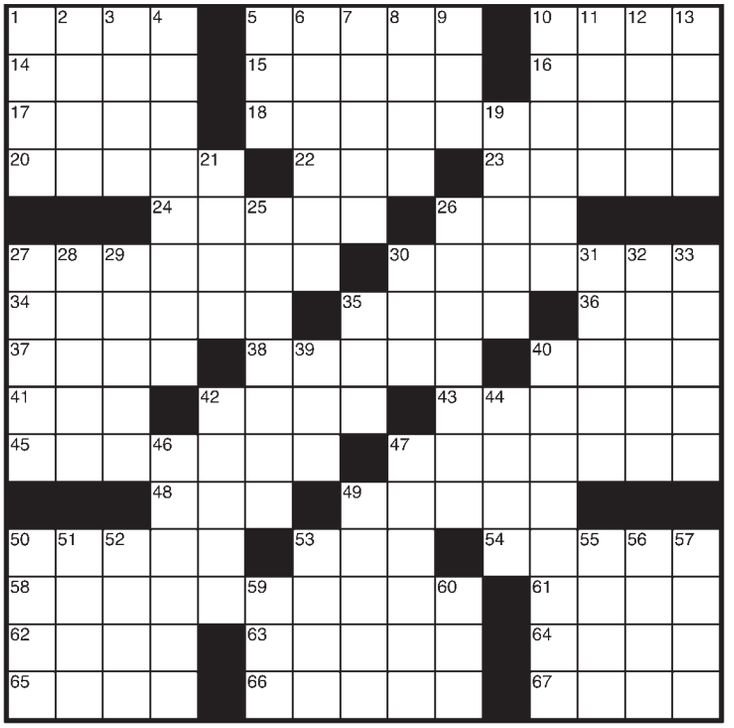

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		4	6	3	1	9		5
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		3				6		
				5			1	9
4		9	2	1	7	5		
5				8	3		6	1

hard

					2	1		
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	3			7				
	5				6	3		2
	7		4		3		8	
1		3	2				6	
				6			5	
9	2	8	5				7	
		5	3					

metro.us/horoscopes

Aries Decide on a plan or strategy and stick to it. Don't second-guess yourself or overanalyze the details. A last-minute change to an investment or contract will save you money.

Taurus Get together with people who inspire and motivate you. Partnerships can move forward if you can put differences aside and work toward a greater goal.

Gemini Make your dreams come true. Added discipline will help you expand your interests and take charge of your life. Live in the moment and learn from experience.

Cancer It's what you do for others that will make a difference. Think outside the box to find a way to please everyone. Personal improvements will boost your popularity.

Leo Listen, absorb and make an effort to offer practical suggestions. Refuse to let your emotions take control, causing conflict with someone you care about.

Virgo Learn from experience and refuse to let someone manipulate you into taking on added responsibilities. You should be romancing someone you love.

Libra Money matters will throw you for a loop. Check your bank balance and find a way to cut your overhead. If something is costing you too much, make an adjustment.

Scorpio If you follow a unique path, you will discover the satisfaction and happiness you are searching for. Don't give in to pressure or bullying. Stand firm and follow your heart.

Sagittarius Communication will lead to opportunities. Sharing your ideas and making subtle changes to the way you do things will attract good prospects.

Capricorn Discuss your personal plans and listen to the feedback. It's likely someone will offer a suggestion that will inspire you to fulfill your dreams.

Aquarius Put your emotions on the back burner. You need to focus on being mindful and looking for amicable solutions. Use your innovative imagination, and move forward.

Pisces Configure a plan that will help you use your strengths to increase your profits. Don't give in to demands that will make it impossible to reach your goal. **EUGENIA LAST**

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F	E	E	T		B	O	G	U	S		O	M	N	I
L	O	P	E		A	L	O	H	A		R	O	A	N
U	N	I	X		S	E	O	U	L		D	O	C	K
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			N	U	M	B		A	V	O	N			
P	L	A	S	T	E	R			A	L	A	S	K	A
E	E	K		S	N	A	C	K		F	L	O	A	T
T	A	I			T	I	E	R	S			C	U	R
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T	O	L	E	R	A	T	E		P	R	E	E	N	S
O	D	O	R		P	A	T	T	I		N	A	I	L
D	I	D	O		E	L	T	O	N		A	R	L	O
D	E	E	R		S	L	A	N	G		S	L	E	W

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